

InsideOut

It's Your Health; Own It!



October 2015

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2015 Hanford Worksite Flu Clinics

Be Well this winter! HPMC OMS will conduct free flu shot clinics for active Hanford employees at multiple worksite locations **October 21 - November 5, 2015**. You may attend any flu clinic. Remember to wear short sleeves and you must have a DOE picture badge with you. If you are pregnant, you'll need to bring written approval to receive the flu vaccine from your personal physician. Visit the [Flu Clinic webpage](#) for updates, more information, and directions to clinics.

Date	Day	Time	Location
21-Oct	Wednesday	10:00 AM - 3:00 PM	Federal Building, 825 Jadwin Ave., Rm. 142—Conf. Rm. 152
22-Oct	Thursday	9:00 AM - 3:00 PM	200 East, 2101 M, Cosmos/Bijou Rm.
27-Oct	Tuesday	8:30 AM - 12:30 PM	200 West, PFP, MO 250
27-Oct	Tuesday	2:00 PM - 4:00 PM	ERDF, Bldg. 6250, POD Mtg. Rm.
28-Oct	Wednesday	8:30 AM - 10:00 AM	100K, MO 500, Conf. Rm. East
28-Oct	Wednesday	11:30 AM - 1:30 PM	HAMMER, Admin. Bldg., Rm. 14
29-Oct	Thursday	9:00 AM - 3:00 PM	2440 Stevens Bldg., Conf. Rm. 1200
3-Nov	Tuesday	9:00 AM - 12:00 PM	200 West, MO 720 Ops Center
3-Nov	Tuesday	2:00 PM - 4:00 PM	2620 Fermi, Conf. Rm. D109
4-Nov	Wednesday	8:00 AM - 11:00 AM	200 East, MO 511
4-Nov	Wednesday	1:00 PM - 4:00 PM	300 Area, MO 985
5-Nov	Thursday	8:30 AM - 11:00 AM	200 West Labs, 2713 Rm. 131 (222 S Lab Area)
5-Nov	Thursday	1:00 PM - 4:00 PM	200 East, 2704 HV, Rm. G206

SHOTS WILL BE AVAILABLE FOR SHIFT WORKERS AT THE 200W HEALTH CARE CENTER, 2719WB

Starting October 21, 2015: Monday-Friday: 1:30 pm—10:00 pm, Saturday: 8:00 am—2:00 pm

The clinic does not provide flu vaccinations to:

- Anyone under the age of 18 years
- Anyone who does not have a DOE picture badge
- Retirees of Hanford contractors or families of Hanford employees
- Employees of Bechtel National, Inc. (BNI), Pacific Northwest National Laboratory (PNNL), or DOE Pacific Northwest Site Office (PNSO)

Those listed above should see their private medical provider, Benton Franklin Health District, or other community vaccination program.

FLU HOTLINE: (509) 376-1000

e-mail: FLUH@rl.gov

www.hanford.gov/health



2016 Health Intervention Programs

We are inviting you to change your life! Enrollment has begun for the new and improved [2016 Weight Loss Convoy](#) that begins on January 19, 2016. The **Weight Loss Convoy** provides education, group support, individual health coaching, weekly weigh-ins, and accountability for its participants. If you are a Hanford employee who has at least 50 pounds to lose to reach a healthy weight and are READY to begin the journey to a healthier life, contact HPMC OMS Health and Wellness at 376-3939 or email omchew@rl.gov. RSVPs are required due to limited space.

Are you ready to **"Quit It?"** Quitting tobacco is a process that sometimes ends in failure, but with each quit attempt, users come closer to being tobacco-free. We use up-to-date educational materials and clinical guidelines from the U.S. Department of Health and Human Services and the Mayo Clinic Nicotine Dependence Center to provide the highest quality support and give you the best chance at living a tobacco-free life. Our **"Quit It"** Program provides one-on-one coaching, weekly support groups, and appropriate nicotine replacement therapy (NRT) to participants. The combination of NRT, education, support, and willpower give a tobacco user the best chance at achieving success. To enroll in the January 11-March 14, 2016 "Quit It" 10-week program, contact Kelly Harnish at 373-3729.

Upcoming Health Promotion Events

Oct. 1	Be Well Challenge Begins
Oct. 10	Fall Fest
Oct. 14	WorkFit Leader Training
Oct. 24	A Very Poplar Run
Nov. 11	WorkFit Leader Training
Nov. 14	Columbia River Classic

Four Tips for Setting Up A Home Office

One way companies are recruiting and retaining great employees is by offering work-life balance incentives, such as telecommuting. The increase in home-based offices may increase the onset of work-related musculo-skeletal disorders. It's important now more than ever to set up your workstation properly and to use the correct equipment. Follow these tips for proper ergonomic office setup:

1. Select the right space based on your work style and environmental preferences. Are you most comfortable and productive working in a closed-off quiet area or in an area with a view of the garden and a lot of light? The kitchen counter, table, or couch will not be sufficient. You should have a designated workspace that does not serve other purposes.
2. Forget the notion of a home office being "temporary." If this is going to be your place of work for several hours per day, set it up right. External devices, such as a mouse, keyboard, and monitor should be used instead of a laptop.
3. Using an adjustable workstation is just as important at home as it is at your corporate office. Sit-stand workstations can range between \$400 to several thousand dollars. If cost is an issue, look for a sit-stand add-on (e.g., [Ergotron WorkFit](#)) or use a stack of books to raise the height of the monitor to raise the height of the monitor to eye level when standing.
4. Stay organized when working from home. Clean your desk area daily, keep cables organized, and make sure there is sufficient leg space under the work area. Maintaining pride in your workspace will minimize distractions and promote productivity.

- Adapted from: Humantech Ergopoints e-Newsletter

Featured Presentations

Invite us to your next meeting! To schedule a presentation, call us at 376-3939 or email omchew@rl.gov.

Cold and Flu Prevention

Covers signs and symptoms and differences between seasonal cold and flu, prevention, and treatment.

Know Your Numbers

Provides information about general preventive screening recommendations for adults, recommended ranges, and lifestyle modifications.

Chronic Disease Management

Provides basics for management of chronic illnesses such as diabetes and heart disease.

Stress Management

Information about the various types of stress, reducing stress, and coping with change.

Computer Workstation Ergonomics

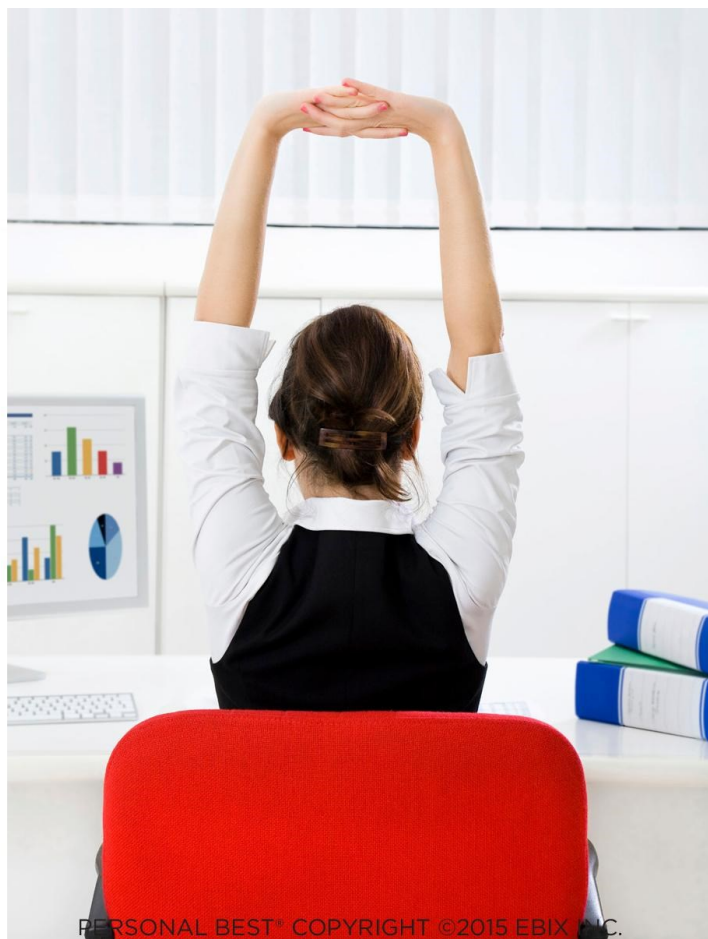
Learn how to improve ergonomics in the office setting, adjust awkward postures and prevent common pain and discomfort while on the job.

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Chair-bound at work?

Fit some mini exercises into your workday. Here's one that gets your heart pumping:

Chair squats: Stand up and bring your arms forward in front of your face, touching your hands together. In a fluid motion, lower your hips to your chair, barely touching them to the chair seat (don't sit). Lower your arms and slowly stand back up. Repeat several times to raise your heart rate and body temperature slightly.



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Fit Tip: Staying Active this Fall

Finding ways to fill your weekend with family fun is easy around here. Get out and enjoy these local attractions our area has to offer.

- The [Country Mercantile](#) Harvest Festival offers a petting zoo, pumpkin patch, local foods and produce, corn maze, rides and more fun for the family. Also, visit the new addition to the Country Mercantile located on Dallas Road.
- Pick your own apples and make fresh apple cider at [Bill's Berry Farm](#) in Grandview. Bill's also offers games, fire pits, live bluegrass music, pumpkin patch, and tractor rides.
- Kick off the football season and get lost in the Seahawks themed corn maze at [Middleton's Fall Festival](#). Admission fee also includes fire pits, hay ride, kids barrel train ride, and much more.

All-American Chili



Serve a simmering pot of chili for any occasion. This low-fat version of the ultimate fall comfort food is perfect for both family and football night.

We appreciate your readership! If you have questions, want to enroll in a program, or have a presentation request, call 376-3939, email omchew@rl.gov, or visit us at www.hanford.gov/health for more resources. September **Be Well** Catch Phrase: Stay well with your flu shot!

